



VMFA(AW)-224 Unit, Personal, and Family Readiness Policy

On the strength of one link in the cable, dependeth the might of the chain. Who knows when thou may'st be tested? So live that thou bearest the strain! From medical and dental readiness, to family care plans and strong family relationships, there are many different links in the chain of readiness. At some point, they will all be tested. Be Ready!

Be the most ready when the nation is least ready: As the nation's 911 force, we could receive the call to deploy at any moment. This level of professional commitment requires a commensurate level of personal discipline and strong family support. Being physically and mentally fit and technically and tactically proficient are essential if we are going to fight and win our nations battles, and so is having strong family support.

Brilliance in the basics: This profession is a marathon, not a sprint. We must all strive for work-life balance, and ensure that we are strengthening our relationships as well as sharpening our skills.

Take care of each other: We should never be afraid to ask for help when we need it. There are many resources available, including the Single Marine Program, the Family Readiness Officer, the Chaplain, Family Team Building, and our fellow Marines. Use them!

Keep our Honor Clean: Our commitment to our families is every bit as important as our commitment to the institution. Finding that balance can be difficult at times, but it is part of our duty as Marines.

Assistance: Chain of command, Family Readiness Officer, Marine Corps Family Team Building, Military OneSource, Navy Marine Corps Relief, etc.

Reference: MCO 1754.9A (Unit, Personal, and Family Readiness Program)

Semper Fidelis,

M. P. SHAND,
Commanding Officer, VMFA(AW)-224